

## Main Course

### Spaghetti with Turkey Meat Sauce

#### 6 Servings

- 1 lb ground turkey
- 1 28-oz can tomatoes, cut up
- 1 cup finely chopped sweet green pepper
- 1 cup finely chopped onion
- 2 cloves garlic, minced
- 1 tsp dried oregano, crushed
- 1 tsp black pepper
- 1 lb spaghetti
- Nonstick spray coating

Spray a large skillet with nonstick spray coating. Preheat over high heat. Add turkey; cook, stirring occasionally, for 5 minutes. Drain fat.

Stir in tomatoes with their juice, green pepper, onion, garlic, oregano, and black pepper. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes, stirring occasionally.

Remove cover; simmer for 15 minutes more. (For a creamier sauce, give sauce a whirl in a blender or food processor.) Meanwhile, cook spaghetti according to package directions; drain well. Serve sauce over spaghetti with crusty, whole-grain bread.

#### Nutritional Analysis

calories: 330  
total fat: 5 g  
saturated fat: 1.3 g  
carbohydrates: 42 g  
protein: 29 g  
cholesterol: 60 mg  
sodium: 280 mg  
dietary fiber: 2.7 g

#### Healthy Cooking Tip

Use ground (boneless) turkey breast  
INSTEAD OF ground beef or pork.